



Patient Education

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After your test

When you are done, you may eat and drink. Ask about taking any medication that you were told to skip before the test.



Your Test Results

Your doctor will discuss the test results with you. The exercise stress test results help to plan your specific treatment and any other tests that are needed.



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Exercise Stress Test

Respiratory/Cardiology

Cardiology Service



What is an exercise stress test?

This is a test that helps your doctor evaluate the reason you are having chest pain by recording your heartbeat while you walk on a treadmill or ride a stationary bike.

It can also look at the strength of your heart after a heart attack or surgery. A stress test is also called a stress echocardiogram.



Before Your Test

When you are scheduling your test, make sure all your medications are listed correctly. Ask which ones you should take before the test. Don't eat, drink, smoke, or have caffeine for 3 hours before your test. Sips of water are okay.

Wear walking shoes and a 2 piece comfortable outfit. You may need to undress from the waist up to put on a hospital



gown. The entire test takes about 30 minutes.

During your test

- ♥ Small pads are placed on your upper body
- ♥ Education will be done on how to use the treadmill or bike
- ♥ You will need to exercise for several minutes –starting easy and slowly getting harder
- ♥ Exercise for as long as possible
- ♥ Staff will watch your heartbeat and blood pressure during and after the test

REPORT Symptoms

Tell staff if you feel

- ♥ Chest, arm or jaw discomfort
- ♥ Shortness of breath
- ♥ Dizziness
- ♥ Sore legs

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